



Spicy Cashew Crunch Stir Fry

Servings **5**

Prep **15 min**

Cook **10 min**

Sauce Ingredients

¼ cup Soy Sauce

1-2 Tbsp. Chili Garlic or Sambal*

2 Tbsp. Brown Sugar

1 tsp. Fresh Ginger (grated)

½ tsp. Toasted Sesame Oil

1 Tbsp. Cornstarch

Stir Fry Ingredients

2 Tbsp. Vegetable Oil (optional)

1 crown (or 1lb) Broccoli

2 Carrots

1 Red Bell Pepper

1 Yellow Onion

1 cup Cashews

2 Green Onions (sliced for garnish)

4 cups Cooked Rice

Directions

- 1** Prepare the sauce by combining the soy sauce, chili garlic sauce*, brown sugar, and sesame oil in a small bowl. Use a small holed cheese grater to grate about 1 tsp fresh ginger into the bowl. Stir to combine, then add the corn starch and stir until it is fully dissolved.
- 2** Cut the broccoli into small florets. Thinly slice the onion, red bell pepper, and carrots.
- 3** Heat a large skillet or wok over medium-high heat. Add the vegetable oil to the hot skillet and tilt the skillet until the bottom is coated in oil. Add the vegetables to the skillet, then stir continuously as they cook. Cook the vegetables only until the broccoli turns bright green and the onions just begin to soften (3-5 minutes). You want the vegetables to retain some crunch in the center.
- 4** Finally, add the sauce and cashews to the skillet. Stir until everything is coated in sauce and heated through (1-2 minutes). Serve immediately over rice. Top with sliced green onions if desired.

*Start with 1 Tbsp chili garlic sauce. Add more to the skillet at the end if more heat is desired (I used 2 Tbsp total).

x2